

IN THE CLAIMS:

- 1-2. Cancelled.
3. (New) A mechanical system for exercising oblique muscles of a body, comprising:
 - a base;
 - a neck rigidly coupled to the base;
 - a handle coupled to a distal end of the neck;
 - a platform in rotational contact with the base; and
 - a divider rigidly coupled to and extending upwardly from the platform, wherein a force applied to a vertical surface of the divider causes rotation of the platform with respect to the base.
4. (New) The system of claim 3, wherein a width of the handle accommodates a position of a left hand of the body at least a shoulder width apart from a right hand of the body.
5. (New) The system of claim 3, wherein a height of the neck is adjustable to match a height of the body.
6. (New) The system of claim 3, wherein the platform or base is operable to provide an adjustable resistance to the rotation of the platform.
7. (New) The system of claim 3, further including a weight coupled to a portion of the platform to provide resistance to the rotation of the platform.
8. (New) The system of claim 7, wherein the weight readily disengages the platform.
9. (New) An exercise machine, comprising:
 - a base;
 - a shaft coupled to the base;

a handle coupled to the shaft;
a platform in rotational contact with the base; and
a divider coupled to the platform which provides a rotating leverage point of the rotatable platform.

10. (New) The machine of claim 9, wherein a width of the handle accommodates a position of a left hand of the body at least a shoulder width apart from a right hand of the body.

11. (New) The machine of claim 9, wherein the base or platform is configurable to provide resistance to a turning operation of the platform.

12. (New) The machine of claim 9, wherein the shaft is extendible to match a height of a user.

13. (New) The machine of claim 9, further including a weight coupled to the platform to provide additional resistance to a turning motion of the platform.

14. (New) The machine of claim 9, wherein the handle is coupled to the distal end of the shaft.

15. (New) The machine of claim 9, wherein the shaft is held in a substantially stationary position by the base.

16. (New) An exercise apparatus to activate the oblique muscles of a body, comprising:
a base having a fixed portion;
an extendible shaft coupled to the fixed portion of the base;
a handle coupled to the extendible shaft to allow for an upper portion of the body to be held in a stationary position;
a foot plate in rotational contact with a second portion of the base, wherein the foot plate allows for a lower portion of the body to turn; and

a divider rigidly coupled to the foot plate, wherein a force applied to a vertical surface of the divider causes the foot plate to rotate.

17. (New) The apparatus of claim 16, further including a weight affixed to the foot plate, wherein the weight produces an inertial force to resist the rotation of the foot plate.

18. (New) The apparatus of claim 17, wherein the weight is removable from the foot plate.

19. (New) A method of manufacturing an exercise machine, comprising:
providing a base;
providing a shaft coupled to the base;
providing a handle coupled to the shaft;
providing a platform in rotational contact with the base; and
providing a divider coupled to the platform which provides a rotating leverage point of the platform.

20. (New) The method of claim 19, further including providing a weight which is operable to couple to the platform to provide resistance to a turning motion of the platform.

21. (New) The method of claim 19, wherein the shaft is extendible to match a height of a user.